



Aromatherapy News



Green Valley Aromatherapy

July 2010

LETTER FROM THE PRESIDENT

Hi Everyone,

Happy July to one and all!

Next month my company, Green Valley Aromatherapy, will turn 16 years old! I am giving us a pat on the back considering the economic times we are living in and a pat on the back to you, our customers, for making it all possible. In our August newsletter we will tell you more about our Sweet 16 Anniversary celebrations and our special offers.

Like all teenagers Green Valley has had its challenges along the way and, like the majority of teenagers, it has survived to tell the story. I often think I should write a book called "The Life and Times of Green Valley Aromatherapy." We have had so many interesting experiences, staff and customers!

We have had a very wet spring here on Vancouver Island. The gardens are looking wonderful - full of colour and weeds! As I could not get out to the garden, I had a feverish attack on spring cleaning the house which resulted in moving furniture around, weeding out the surplus and a garage sale and then of course a bad back. When will I learn? I tried a hot bath with Chamomile, Marjoram, Eucalyptus Radiata and Lavender. It felt wonderful! I laid there until the water was too cool, then I couldn't get out. Now I know what a beached whale feels like.

I have started introducing Montmorency (our polydactyl cat, for those who don't know) to the great outdoors on dry evenings. Being such a timid cat I did not think he would like it but he does. He disappears into the trees and we do not see him for a few hours. He still will not come in if we have visitors or if I am moving around. He likes me to be sitting quietly so that he can come on my knee for a cuddle in safety.

Watch for our new pricelist which will be coming out in September. We have added some of the new products that you have requested.

Aromatically yours,

Barbara Greenwood, President

Overseas Shipping Rates

Please note that effective June 20, 2010 we have reduced our overseas shipping rates. New rates will affect countries including Britain, Australia, Japan, China and Taiwan. If you have any questions about this change, please contact [Emma](#).

Midsummer Night Itch

n.m Bodecker

Mosquito is out,
its the end of the day.
She's humming and hunting,
her evening away.
Who knows why such hunger
arrives on such wings
at sundown? I guess
its the nature of things.

Green Valley Aromatherapy Ltd.

4988 North Island Hwy
Courtenay, BC V9N 9H9
(250) 334-4836
1-877-572-7662

www.57aromas.com
greenvalley@57aromas.com

Spiritual Essential Oils

Being a visual person, Barb envisions a person like a target - rings around a bulls eye. What Barb sees is the soul/spirit lives in the bulls eye of a target.

To her mind if the soul/spirit is content, balanced and healthy then it follows that the other layers of the person will be too. She encourages people to start there and work outwards. Take some time to examine how you feel, try to listen to your spirit, or what your body needs to function and keep you a whole healthy person.

Several years ago Green Valley Aromatherapy developed a line of spiritual essential oil blends to help you to connect with your spirit and to help you on your spiritual journey.

Surround yourself with these oils for support. Make them part of your everyday life. If you find yourself getting overwhelmed or panicky, sit somewhere quiet, add your essential oil to a carrier oil or cream. Rub your hands briskly until they are warm. Cup them over your nose and breath deeply.

"There is nothing less scientific than to deny something because it can not be explained."

*Dr. Jean Valnet,
French Aromatherapist*

All the spiritual oil blends are on sale for the month of July at 15% off.

In addition, we have grouped six of them together to create a support team of sorts. The six oils include:

Peace. Everyone needs some of this some of the time. Try using it when you want to meditate and listen to your inner being. Peace will help you to block out thoughts that are not about you and your welfare, so that you can focus.

Solace is a blend of essential oils designed to help you through the 5 stages of grief. It is important to keep in mind that grief is a healthy emotion to

work through.

Transitions was created to help motivate change and assist through difficult times of transition.

Empower yourself ready for this journey of personal growth. Keep your mind on your goal.

Higher Being. If this is where you are aiming to be, this blend of essential oils will help you to stay connected.

Nurturance. Just in case you fall off the wagon, Nurturance is there to comfort and encourage you, by wrapping you in its wonderful aroma.

Individually \$45.00. Spiritual Support Team - \$39.00

Oil Profile - Petitgrain

Though it is not a popular oil, we like to add Petitgrain essential oil to aromatherapy blends because it is a middle note and it is known for its rich earthiness.

It several useful properties. It is:

- antidepressant
- antiseptic
- antispasmodic
- deodorant
- nervine
- sedative

and it is wonderful to use when one has that nervous, overwhelmed, exhausted feeling - when you seem to be working hard and getting nowhere.

Valerie Ann Worwood, in her book *Fragrant Heavens* says we need Petitgrain essential oil when we are vulnerable, fragile and taking things a little to personally. She also says it encourages harmony, upliftment, joy, inner vision, strength, self confidence and expressiveness. We all need some of this at times.



Petitgrain is an oil that is obtained from the steam distillation of the leaves and young tips of twigs of the bitter orange tree. This oil has a fresh, flowery, light perfume resembling its cousin Neroli. Chemically it shares many of the same properties as Neroli. Some of its constituents are linalyl acetate, geranyl acetate, and linalol, with some areas of origin being Paraguay and the Mediterranean region.

Petitgrain is a wonderful oil to use for insomnia, especially if the insomnia is a result of loneliness and depression. It is an antidepressant (great for Seasonal Affective Disorder) and NOT photo toxic, making it a useful addition to body lotions for use throughout the day.

In skin care, Petitgrain is helpful to control the over production of sebum and is a gentle antiseptic. For skin that is prone to acne this oil is a great addition to a regular skin care regime.

Note: this oil should not be used in the first trimester of pregnancy.

FaceBook

For those of you who haven't yet checked us out on Facebook, here are some of the topics discussed in June 2010:

- Aromatherapy & West Nile Virus
- The farming and processing side of essential oils
- UK Aromatherapy Awareness Week
- Internal use of Essential Oils
- Aromatherapy with Cancer Patients
- Organic Essential Oils
- The Antiviral Activity of Essential Oils
- Using Lavender Essential Oil as a Natural Herbicide

**15% Off Spiritual Blends
July 1 - 31, 2010**